

# The Trinidad PRESBYTERIAN

121<sup>ST</sup>  
ANNIVERSARY



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February 2025





# THE MODERATOR SPEAKS

PCTT MODERATOR, THE RIGHT REVEREND DANIEL CHANCE



## Excerpt from Sermon delivered at the 157th. Anniversary Service. Sunday 5th. Jan. 2025

On the 5th. of January 2025, the Presbyterian Church celebrated with gratitude 157 years of Christian Mission and witness in Trinidad and Tobago. The occasion was marked by a special service of Thanksgiving, held at the Aramalaya Presbyterian Church in Tunapuna. The theme chosen was, "Persevere in your witness - overcoming the challenges encountered!"

For those who belong to the household of God, it is quite clear to us, that the Ministry and Mission which has been entrusted to the church, by Jesus Christ, continues to flourish in spite of the challenges encountered over the centuries, or since the Church's inception. Believers were persecuted, martyred, imprisoned, beaten, stoned and even crucified. Yet the Church, the Called out and set apart by God, being empowered by God's Spirit, remains steadfast and resolute to her calling.

Reflecting on 2 Timothy 1:5, the sincere and genuine faith of a mother, Eunice and grandmother Lois, was evident within the home. This faith was reflected in a strong devotional life. Values or traits of the Christ-centered life were visible. By the quality of life they lived, this mother and grandmother taught young Timothy how to live as a child of God who was being guided by the presence and power of the Holy Spirit. With that being said, the question must be asked, "What has gone wrong with the home today?" "Where have we gone wrong?" "Who is responsible for nurturing the faith of our children, during the impressionable years?" Children spend adequate time with parents, grandparents and caregivers. It is within such a setting, that the Word of God is shared, prayers offered and spiritual songs or hymns taught. Members, the time has come for us to be effective witnesses within the home. The members of our family provide for us, the fertile soil upon which the Word of God is to be planted. It is here that 'faith formation' takes place.

We remain grateful to those who have gone before us. The pioneers of the faith, the Missionaries, local Ministers and all the faithful and committed members of the Church, for what they have done and continue to do. In spite of the challenges which are present with us even today - disunity within the Clergy and among the members of the Church; the rise in Modernism among other factors, with God's help, the church has always been able to navigate itself through the difficult times. I use this column to challenge the members of the Body of Christ and all those who have benefitted and continue to benefit from her mission, to remain in relationship with God, as He leads us into a bright future.

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# FROM THE DESK OF THE GENERAL SECRETARY

PCTT GENERAL SECRETARY,  
PRESIDING ELDER MR. ASHFORD D TAMBY



As we reflect on the blessings of the past year, may we all continue to seek God's will and live lives that reflect His love this year and, in the years, to come. As we begin the year 2025, it has been eight (8) months since the official sod turning ceremony for the PCTT Administrative Building and Auditorium Extension. This building will not only transform the climate on Paradise Hill, but it will also highlight the modern architectural vision for the Synod of the PCTT.

As with every project, there were initial setbacks that were only in the hands of the Almighty—the weather! Rainy days delayed tasks, and it looked like the project would not be finished within schedule. However, with the leadership of Building Committee Chairperson, Reverend Manan Deo; General Treasurer of PCTT, Mr. Leslie Naipaul; and PCTT Project Manager, Mr. Kenny Arjoon; they were able to realign activities utilizing their knowledge, skills, and expertise in a manner that maintained the project's schedule. Therefore, the superstructure has been completed, including the foundation, blockwork, and roof. The next phase of the project will include the flooring, electrical, plumbing, and ceiling works. The project has been able to remain within budget and is scheduled to be completed at the beginning of the 2nd half of 2025, not considering any environmental factors that may affect the schedule of activities.

At the Synod's office, we extend our sincere gratitude to those individuals, corporations, and churches that have contributed to this initiative and encourage anyone who is desirous of contributing or knows of corporate sponsors who will be willing to invest in this project to please contact the Synod's office at 868-652-4829/868-653-4788 or email [synod@pctt.org.tt](mailto:synod@pctt.org.tt). Donations can be made by direct deposit, online bank transfer, PCTT's website donation portal, or by cheque payments to **THE PRESBYTERIAN CHURCH OF TRINIDAD AND TOBAGO**. Here are some highlights of the development of the PCTT Administrative Building & Auditorium Extension.





# 157TH ANNIVERSARY

Submitted by N'Kosi Williams PCTT Communications OJT

For many years, The The Presbyterian Church of Trinidad and Tobago (PCTT) has served as a pillar of hope to the community and families in Trinidad and Tobago, who have depended on it for love and support as they navigate through life. As we, The PCTT embarked on another year of not just our existence but the continued work and service of our 'forefathers' and all those who have pioneered since 1868 till now, the Presbyterian Church is committed to upholding its reputation of drawing hearts to Christ even in this ever-changing world.

"Persevere in your witness—overcoming the challenges encountered" was the theme celebrating the 157th anniversary of The Presbyterian Church of Trinidad and Tobago on Sunday January 5th, 2025. It was a very auspicious day made extra special by the warmth and hospitality of the Aramalaya Pastoral Region and the host Church, Aramalaya Presbyterian Church.

The Right Reverend Daniel Chances' call to 'Persevere in your Witness' gave an inspiring sermon based on the scripture 2 Timothy 1:5. Calling on us to be mindful and offer 'Customer line Service' when it comes to our interaction with our brothers and sisters, not just of the PCTT but beyond.

A call was also made to the elders and leaders of the Church to take action and uphold their responsibility in transmitting to our members, a life that stands firm in God. All with the purpose of the Church of God continuing to thrive and flourish, brining glorification to his Kingdom in this troubled world. This was also clearly echoed by the General Secretary of Synod, Mr. Ashford Tamby, when he warmly welcomed all in attendance with a wonderful greeting from Romans 12:4-5, 'We have many parts in the one body, and all these parts have different functions. In the same way, though we are many, we are one body in union with Christ and we are all joined to each other as different parts of one body.'

This day was even more blessed with the sweet renditions of the Aramalaya Steel Orchestra as they welcomed the many brothers and sisters in Christ who were attending. The service was enhanced by the lovely renditions of The PCTT National Choir and their accompanying musicians. While the Valencia Presbyterian Church Choir led in a rejuvenating and nostalgic Praise and Worship session.

Acknowledgement of the tremendous work The PCTT has achieved throughout the years and a heartfelt vote of thanks to all those who contributed in commemorating this milestone.









# EDITORIAL

## LETTING GO OF THE PAST IS A CHOICE

Our past, can at times, feel like shadows from which we cannot escape. They remind us of mistakes, failures, and regrets. These memories can hold us captive, thus making it hard to look ahead or to move forward.

Whether we want to admit it or not, we all have done or had things done to us that have hurt us and still affect us today. We build walls around our heart and our emotions, walls that we put there because we feel we need to protect ourselves from being hurt again. We, therefore, live in fear, fear of being hurt again. Yet fear is not from the Lord. It is from Satan who uses it to control us and keep us from becoming who we were made to be according to God's plan for our lives. We must want to make a choice to set ourselves free from the chains of our past and move into a future filled with hope and purpose.

One of the most reassuring promises in the Bible is that through Christ we are made new. In 2 Corinthians 5:17, it is written, *"Therefore, if anyone is in Christ, he is a new creature; the old things have passed away; behold, new things have come."* This verse reminds us that when we accept Christ, our past is forgiven, and we are given a fresh start. God doesn't hold our past against us; instead, he invites us to embrace the new identity he has given us. Let us not be prisoners of our past. We must learn to deal with our past if we want to live a life of peace and wholeness.

Easier said than done, 'letting go' is a process, one we must work through little by little. To move forward we must do so with goals in mind – we need to break free from the chains of our past mistakes dropping link by link until we have no regrets. Sometimes, we need to take baby steps - one day at a time. One faith step after another until without realizing it we have walked through that dark tunnel of pain and hurt until one day we step out on the other side into the glorious light of peace and forgiveness, forgiveness for ourselves first and forgiveness for those who have caused us so much pain and hurt.

Some people are prisoners of their past; it is easier to remember a bad past. They keep living in regret of what they did wrong, what they failed to do, or the opportunities they missed. However, we are advised to not remember the former things or consider the things of old. *"I am about to do a new thing; now it springs forth; do you not perceive it?"* (Isaiah 43:18-19 NRSVUE).

Let us live like the Apostle Paul, he let go of his past mistakes. What could be worse than persecuting Christians for following the tenets of their faith? After his dramatic conversion, he completely let go of his past, he did an about turn. He writes, *"Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus"* (Philippians 3: 13 – 14). Paul chose not to let his past mistakes and ways define him – he was no longer a persecutor of Christians, instead his focus was now on his future with Christ.

With God's help we can transform our lives. Let us press on toward the future, trusting that God has a good plan for our lives, and refuse to be prisoners of our past. He can take our brokenness, our bitterness towards those whom we feel slighted us in the past, and towards the Church so we can focus on building a stronger PCTT for the benefit of all. Think of service to yourself and others rather than remain in your past. Let us all contribute to build something beautiful especially in reference with human relationships, unity and love.

# THE FAMILY CAN

A MONTHLY THOUGHT TO HELP IMPROVE THE FAMILY - HILTON R SIBOO: CONTACT: 788-2685)  
THE PILGRIMAGE OF PARENTING: [PART 11] - WHY (SHOULD WE) PARENT - MEMORY

In this series, we have established that parenting is a relationship between the 'parenter' and the 'parentee'. The focus here is - how and why should we parent memory for a parentee?

For the last two months, our focus considered how do you parent learning and why parent learning? To recall, learning provides the tools to resolve, make appropriate decisions to overcome personal problems, family conflicts, and the development of individual personality with skills to get along with other persons/groups.

Further, learning makes a person more **aware of self** and whomever they relate to in whatever situation. Learning develops perception, skills for behaviours and emotional control, assist with adjustments to situations that daily challenge the individual extending into his/her relationships and societal interactions. Humans are complex individuals in a complex world and **learning with memory** is vital and necessary for *his/her psychological and psychosocial* functioning.

This month, we focus on **MEMORY**. Learning involves committing to memory processes which progress into skillsets for a person's performance and solutions. Learning begins with thinking, then committing to memory, to the reinforcing of an approach that can be recalled to solve life's challenges. Memory is 'proof of learning' and can be defined as 'the present knowledge of a past experience.' There are **four** kinds of memory: to **recognize** - e.g. faces; to **recall** - becoming aware of an experience; to **reproduce** - that previously learned; and to **perform** - as habits done automatically. Put together, this is memory linked to learning. However, learning a habit and committing to memorization can be determined by the challenge to the individual, resulting in his/her responses.

Q. Why parent memory? Learning is connected to memory, with the short and long-term human memory being our internal store house that can be accessed automatically or triggered by our senses and our environment. Are we becoming too heavily dependent on external memory devices? Learning is information that can be anchored to *our memory* for daily living. Parents as 'parenters' have a duty and responsibility to guide positive and realistic practical learning and memory development, not leaving the 'parentee' to his/her own devices. Can this approach improve our parenting relationships and skills and improve intra and inter-family relationships? I hope that this perspective can guide and effect changes and adjustments to the narrative and approach to parenting where the participants interact in a relational exchange that impacts their words and actions, attitudes, behaviours and roles, duties and responsibilities.

Remember, the family is not just a group or gathering without a common purpose. Never let it ever be that the family can NOT adjust and adapt as changes occur.

Parenting relationships and skills and improve intra and inter-family relationships? I hope that this perspective can guide and effect changes and adjustments to the narrative and approach to parenting where the participants interact in a relational exchange that impacts their words and actions, attitudes, behaviours and roles, duties and responsibilities.

Remember, the family is not just a group or gathering without a common purpose. Never let it ever be that the family can NOT adjust and adapt as changes occur. **Don't loose faith. Hold strong. Believe, The Family Can**

## Encountering ....the Archives of the Presbyterian Church of Trinidad and Tobago

It is **2025**, a most significant milestone for the Archives of the PCTT (CAPCTT) as this marks the **50th Anniversary** since the establishment of the present physical location in September 1975. At that time, there existed archival materials mainly at the office of the SATC; at Kemp House - the office of the San Fernando Field Missionary; and the library and other facilities of the Naparima Teachers' Training College, closed by the Government of Trinidad and Tobago in July 1975. Each of these has its own history in the development of the PCTT.

The suggestion for an Archives as documented, was made at the then Presbytery meeting during 1957 by a Canadian Lady Missionary, Ms Elma Inman. It was not until 1961 that the first Archives Committee with a Chairman was appointed by Synod, (itself established January 1960). It was called the Archives and Historical Committee. In 1966, a new committee called the Archives and Museum Committee was appointed in preparation for the year-long Centenary celebrations of 1968 of the then Presbyterian Church of Trinidad and Grenada (PCTG). This committee mounted a display or exhibition of artefacts and documents at the Naparima Bowl and Morton House for all of Trinidad. Some of these items are today held at the Archives.

However, going into 1968 and looking towards the new century, a major survey to assess the work of the Church and to propose a way forward into the future led to the completion of the Garth Legge Report in 1966 which listed seven underlying features of situation and itemised ten areas for stimulating thought, discussion and action throughout the PCTG. It would be interesting for leaders and members of the PCTT to lift these pages today nearly sixty years later and evaluate any achievements.

To go back to the history of the Presbyterian presence in Trinidad is to research documents: since 1833 – the Church of Scotland; 1843 - the American Mission; and 1868 - the Canadian Mission, beginning with Reverend John Morton, his wife Sarah, his daughter, Agnes and sons.

Here, too, should be noted that at a Synod meeting on August 1962, Mr Enos Sewlal a Presbyterian and the then National Archivist of Trinidad and Tobago presented a proposal for the establishment of the Archives of the PCTT with details for three sections: the Repository, the Museum, and the Archival Library.

To members of the PCTT and all persons interested in satisfying a thirst and hunger for study and research of the PCTT, the CAPCTT is available to your 'Encountering the Archives' and hope, in some way, to lay a table to your satisfaction and satiation. These few references only touch the tip of the proverbial/symbolic iceberg that are contained in the Archives, PCTT.

*An encounter with the Archives is an encounter with ... yourself. The Archives are opened on Tuesdays and Thursdays from 9:00 a.m. to 12:00 noon.*

*Call to arrange a visit. Contact: 652-4829 [Synod Office] and 653-4166 [SATC Library] Asst Archivist: Hilton R Bill Siboo 788-2685*



For most, a new year is a new start to achieve our fitness goals, especially for us ladies. This year, you can utilise some very important plants into your fitness regime to help with weight loss, building endurance and achieving a healthier you. Let's examine some of the popular ones that we can grow in our gardens and find easily in our groceries.

The first to incorporate into your diet are leafy greens. Leafy greens are low in calories yet high in essential nutrients and fibre. They help fill you up, reducing overall calorie intake and the fibre content can promote feelings of fullness and aid in digestion. Examples of these are Spinach, Kale and types of Lettuce. You can cook, consume raw or juice them making smoothies and tonic drinks. They are rich in vitamins A, C, K, and minerals like calcium and iron and packed with antioxidants that help combat oxidative stress.

Another plant that you must include into your fitness regime is Green Tea. Green tea is well-known for its potential metabolic benefits, primarily due to its catechin content. It has been linked to fat burning, especially during exercise. You can purchase your tea at any grocery in packets or you can search for the actual tea leaves in gourmet shops as they have become quite popular. The tea leaves contain caffeine, which can enhance energy level and they are rich in antioxidants that promote overall health.

One pairing of plants that is a must for your fitness journey is Turmeric and Ginger. Both have exceptional health benefits due to their active compounds and anti-inflammatory properties. Ginger can help reduce muscle soreness and stiffness after workouts. It can also assist in digestion and provide a natural energy boost. Turmeric reduces exercise-induced inflammation and soreness and supports joint health and mobility. When combined, both are extremely beneficial to the body.

Remember it is essential to pair all the above with a well-rounded exercise routine and lifestyle changes for optimal results. Always consult with a healthcare professional or a registered dietitian before making significant dietary changes, especially if you have underlying health conditions.

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**Deadline for applications: Friday 28<sup>th</sup> February 2025**  
Unsuitable applications will not be acknowledged



The PCTT invites young Presbyterians from across Trinidad and Tobago to apply for the PCTT 2025 Stewards Programme, scheduled to take place from 24-26 April 2025. This exciting programme offers a unique opportunity for youth ages 18-35 to engage with other Presbyterian youths and actively contribute to the work of the PCTT.

Participants in the Stewards Programme will be part of a diverse and dynamic community of young Presbyterians from throughout Trinidad and Tobago. Together, they will bring their faith, experiences, and vision to create an enriching experience of fellowship and collaboration. The programme will be conducted in English, the working language for the Synod. The **Stewards Program** for youths will focus on developing leadership, responsibility, and service among young people. It is designed to cultivate skills that enable them to take on roles of leadership, care, and responsibility within their home church and community. Stewards in this context are seen as role models and agents of positive change.

#### Rich Presbyterian experience

The 2025 Stewards Programme includes a comprehensive onsite formation at Paradise Hill, San Fernando. Stewards will be engaged for three (3) Saturdays prior to the AGM of the Synod and engage in workshops, discussions, and activities that explore the history, values, and mission of the PCTT. This learning period prepares participants to fully understand their role and make meaningful contributions during the meeting.

The programme is designed to equip young people with the tools to carry forward their insights into their local churches and communities, fostering unity and action.

The Stewards' Programme is more than a time of service—it is a response to Christ's call to be co-workers in the ministry of reconciliation and peace-making. Young people are encouraged to bring their unique gifts, perspectives, and faith stories to this gathering, with the hope of returning to their home communities as ambassadors of the PCTT vision.



The poster for the Steward Programme 2025 features a purple background with a grid of yellow dots in the top left and bottom left corners. In the top right corner is the circular logo of The Presbyterian Church of Trinidad and Tobago, which includes a cross, a tree, and the text 'EST. 1868' and 'PEC-TAMEN CONSUMMABITUR'. Below the logo, the text 'THE PRESBYTERIAN CHURCH OF TRINIDAD AND TOBAGO' and 'OFFICE OF THE GENERAL SECRETARY OF SYNOD' is written in white. The title 'Steward Programme 2025' is written in a large, white, cursive font. A yellow banner across the middle contains the text 'PERSERVER IN YOUR WITNESS - OVERCOMING THE CHALLENGES ENCOUNTERED' in black. Below this, the text 'Application deadline: February 28, 2025' is written in white. In the bottom right corner is a QR code.

## TRINI DELIGHT

Submitted by Stefan Wilson

Dearest Gentle Readers

A very happy new year to you and your family! I write to ask you, and perhaps ask myself also, what is this year's "Trini delight"? You may see this as an odd question, but then again, life can be odd. Recently, I was walking in a mall and saw an array of sweets - from licorice to marzipan. And then my eyes lay upon the infamous Turkish Delight. A little boy screamed in joy to his mother "I'm looking forward to this!"

What do we look forward to this year?

Psalm 37: 4 reminds us "delight yourself in the Lord, and He will give you the desires of your heart." Many may have already put a New Year's resolution in place. The question I ask is whether that resolution has already been broken. The psalmist gives us three things to consider from this verse, that can very well be used in lieu of a resolution that we may or may not keep.

1. Delight- A Trini delight, for me, is to take refuge in knowing that the joy of the Lord is our strength. This year, in a country where there is so much violence, division and discord, let us place **everything, our thoughts, actions and words** in the hands of our Father. When we do this, there is an unspeakable joy which reminds us that we are in His presence.
2. Yourself- What must we do this year? A greater effort is needed to work within us. What must be removed - let go, and taken up in 2025? When we do this, joy becomes permanent in our hearts, for we are changing from the inside out.
3. In the Lord- I'm sure the boy's first bite into the Turkish Delight filled his senses with bliss. This is the same feeling we have when we daily commit our lives to be 'in the Lord', through prayer, song, meditation and enacting the great commandment: to love one another.

So as I close, what is your Trini delight? Till next time!



# CHRISTMAS AT KNOX PRESBYTERIAN CHURCH: 37TH ANNIVERSARY SERVICE AND CRECHE OPENING

Submitted by Jason Sammy

On any night in December, if one is travelling through Couva on the Southern Main Road from Isaac Junction, and one were to look to the right, a bright set of lights illuminates the surrounding darkness. Like a beacon of hope, perched in front the church is the creche of the Knox Presbyterian Church giving light and guidance to drivers, travellers and pedestrians as they hurry along in this bustling season. On Sunday December 2nd, 2024, Knox Presbyterian Church held an evening service in celebration of its 137th Anniversary. From the days of the indentureship and plantation systems, to contemporary times, Knox Presbyterian Church has stood as a living time capsule seeing the country through many monumental events in the nation's history: 1930s Labour Riots, Independence, Republicanism, 1970s Labour Riots, the 1990 attempted coup d'etat and most recently the Covid 19 pandemic. Despite all the adversities faced by the nation in the past, the Church still stands showing the resilience of the members. The Church is not just a structure but a community of people with one mission: to spread the Word of God.

Knox Presbyterian Church has many active groups: Choir, PCW, Youth Group and Sunday School. On that Anniversary evening, there was also the recommissioning of colonial bell. The toll of the bell is heard every Sunday morning, not just as a reminder to all around that service is about to start, but the sound of the bell reminds all of the struggles of the people who pushed to make the Church what it is today. Also, that evening was the Annual Congregational Christmas dinner. Recognition was also given to this year's SEA graduates and those in our church who contribute every day to making the Knox Presbyterian Church safe and maintained.

The church has a mandate for the future: to continue being a haven for those who are lost, downtrodden and feel as if all hope is lost. Just as the Star of Bethlehem guided the three wise men to the place where Jesus Christ lay, so to star on the creche of Knox Presbyterian Church will be that light for weary travellers and all those who need a place of refuge.



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# 'A JOURNEY TO BETHLEHEM' THE NARIVA MAYARO PASTORAL REGION

Submitted by: Stephanie Seecharan

On Saturday 30th November, 2024, the Nariva Mayaro Pastoral Region, converged with a thirty-five-member cast, to participate in a unique reproduction of the Christmas story: A Congregation Cantata, 'Journey to Bethlehem: A New Day'. The Rio Claro Presbyterian Church was filled with members of the Nariva Mayaro Pastoral Region, as well as members of the community.

The afternoon began with Elder and Central Treasurer, Mrs Alisa Boochoon, extending a warm welcome to all. This was followed by Ms Angelisa Khan of the Rio Claro Church lighting the Advent candles. Elder and Chairman of the host church Rio Claro, Mrs Jemma Persad, led the congregation in a Responsive Reading.

Our Minister, Reverend Radica Moonoo, dressed in traditional Arabian wear, guided the audience on a virtual journey that began in the Garden of Eden, proceeded to the city of Israel, continued to a temple in Jerusalem and ultimately arrived in Bethlehem at the stable where Jesus was born. Ordinary congregation members in full costume transformed themselves into biblical characters as they re-enacted the events which led to the birth of Jesus. Their movements and actions were guided by various narrators and scripture readers from each church.

To conclude the performance, Student Minister Mr Brandon Paul performed a delightful medley of Christmas carols on the steelpan. Presiding Elder Mr William Gokool extended thanks to all who attended and participated in the Christmas Cantata, blessed the refreshment and pronounced the Benediction.

A production of this magnitude was no simple task. The production crew and cast sacrificed several hours of their time to invest in days of rehearsal. The stage was designed for each scene and costumes matched the character being portrayed. Reverend Radica Moonoo assumed the position of Theatre Director, she meticulously coordinated the play. Collaborating with the Reverend to take the production from 'page to stage' was a dynamic group of Elders from the respective churches of the Region: Ms Pearl Mahabir from Ecclesville; Mrs Viola Seepersad from Navet; Mrs Doreen Delpino from Biche; Mrs Jemma Persad from Rio Claro, and Mrs Jamilla Rahim from Mafeking. Student Minister Mr Brandon Paul undertook the significant challenge of orchestrating the numerous carols for the production. Ms Ashley Bisnath, member of the Rio Claro Church, provided technical support throughout.

The Cantata reiterated the significance of Jesus' birth and the fulfilling of ancient prophecies. Those in attendance affirmed that this performance, the Christmas Cantata, represented one of the most exceptional portrayals of the Christmas narrative.





# MIZPAH COMMEMORATES 151ST ANNIVERSARY AND ADVENT SEASON

Submitted by Kristen Dookoo

Mizpah Presbyterian Church is a testimony to the vision and perseverance of the Canadian Missionaries who established a presence in Union Village, Claxton Bay, 151 years ago (1853). Fast forward to 2024, what now exists is a very active body of families and members, who recently commemorated the church's 151st Anniversary (41 years since the building was re-constructed) at a service moderated by guest preacher, newly-ordained Minister, Reverend Namelia Lutchman-Pulwarty. The celebratory service was the culmination of a week of activities that started with an evening of worship and included several activities which engaged the groups and varying interests within the church. Reverend Lutchman-Pulwarty reminded the congregation that while the occasion was just reason to celebrate, it should also be a time for reflection. She encouraged them to continue the journey that has brought them to this milestone.

A cross-section of church members assisted with the items on the programme, with the young people notably represented. The Local Board also used the opportunity to present several tokens to members; several young members received trophies for academic excellence at the primary, secondary and tertiary levels. There was also recognition of some of the stalwarts of the church for their long-standing commitment and dedication to the development of the church.

The worship period was enhanced by the musical talent of the Mizpah Choir led by Roseanne Dookhoo who was assisted by a long-standing supporter and fellow-musician Sheldon Morales, who also performed a stirring solo, 'Somebody's praying you through'. George Sammy of the Maracas/ St Joseph Presbyterian Church delivered two outstanding performances on saxophone.

The ceremonial Creche opening to mark the start of Advent brought the evening service to a close and heralded a period of informal fellowship and meet and greet.





# CUREPE/ST. JOSEPH BRINGS 25 MORE TO THE LORD

Submitted by Elder Sharmila Singh

"Go, then, to all peoples everywhere and make them my disciples: baptize them in the name of the Father, the Son, and the Holy Spirit, and teach them to obey everything I have commanded you..." (Matt 28:19-20).

Throughout the months of November and December, twenty-five persons from the five congregations of the Curepe/St. Joseph Pastoral Region were confirmed by Reverend Emmanuel Ramdeen during several Sunday services.

20 teens and 5 adults stood ready to accept Christ as their Lord and Saviour after having attended 6 classes, which prepared them to take their confirmation vows. During these classes Reverend Ramdeen, assisted by the Elders, taught them about the rights and privileges of being a Christian, what it means to be a follower of Jesus and what it means to be a member of His Church, the Presbyterian Church of Trinidad and Tobago.

Having been a minister for twenty-four (24) years and prior to that a Presiding Elder for seven (7), Reverend Ramdeen has trained and confirmed hundreds of people for Christ throughout Trinidad and Tobago, and now, twenty-five (25) more. To these newest members of the church, he served bread and wine, as they all participated in the Sacrament of Holy Communion for the first time.







# PREACHING SCHEDULE

## INTERNATIONAL WOMEN'S DAY

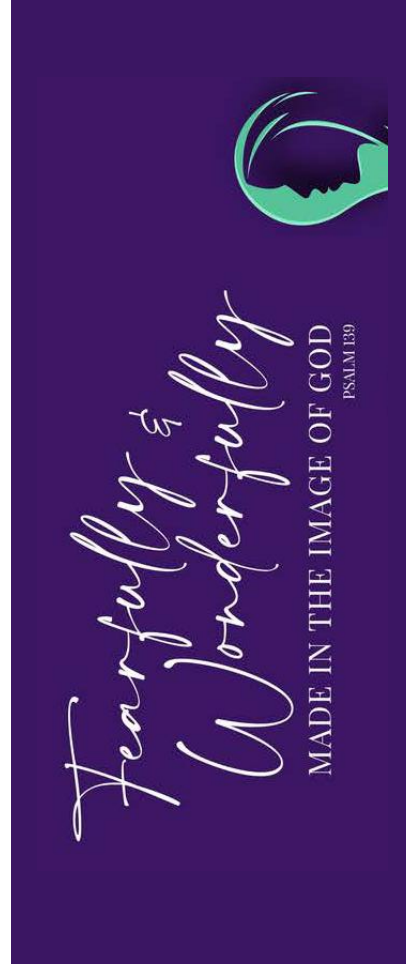
**THEME: 'Fearfully & Wonderfully made in the Image of God'**

**SUNDAY 9th MARCH 2025**

1	San Juan	7.30 a.m.	SAN JUAN/WOODBROOK		7	Robinson Memorial	7.00 a.m.	CHAGUANAS	
	Santa Cruz	9.00 a.m.	Jessica Mahadeo			St. Charles	9.30 a.m.	Nalini Seegulam Hosein	
	Woodbrook	10.30 a.m.	Emma Rahman			Las Lomas	7.00 a.m.	Julie Mohan Khan	
			Jessica Mahadeo			Cunupia	9.00 a.m.	Caroline Vernessa Ragbir	
2	ARAMALAYA				8	Petra Mahabalsingh	8.00 a.m.	Christine Ramkarran	
	Tacarigua	7.00 a.m.	Jesslyn Ramlal			Felicity	8.00 a.m.		
	Aramalaya	7.45 a.m.	To be announced						
	Warrenville	9.00 a.m.	Victoria Rajkumar						
3	Kelly	10.30 a.m.	Victoria Rajkumar		9	Chase Village	7.30 a.m.	Rev Radica Moonoo	
	ARIMA					St. John (Bank Village)	8.30 a.m.	Rev Radica Moonoo	
	Arima	7.00 a.m.	Nadia Mitchell			Anugrah (Calcutta)	8.30 a.m.	Louella Ramsingh	
	Valencia	8.30 a.m.	Nadia Mitchell			Nistar	10.00a.m.	Louella Ramsingh	
4	San Carlos	9.00 a.m.	PE Dianne Ramjattan		10	COUVA			
	St. Helena	10.30 a.m.	PE Dianne Ramjattan			Mc Bean	7.00 a.m.	Joy Rajaram	
	GUAICO					Balmain	8.30 a.m.	Joy Rajaram	
	Caratal	6.30 a.m.	Radica Beharry			Knox	8.00 a.m.	Cynthia Slewass	
5	Cumuto	6.45 a.m.	Claudette Ramnarine		11	Indian Trail	10.00 a.m.	Carol Lackhan	
	Cunaripo	8.00 a.m.	Josephine Sam						
	Guaico	10.00 a.m.	Jesslyn Ramlal /Heather Guyapersad			Ebenezer	7.30 a.m.	Janelle Nathaniel	
	Jubilee	8.30 a.m.	Deokala Rampersad/Bernadette Gyan-Manickchand			Mizpah	9.00 a.m.	Vilma Lalla Kalipersad	
6	SANGRE CHIQUITO				12	Carolina	7.00 a.m.	Ruth Ramrattan	
	Sangre Chiquito	7.00 a.m.	Brenda Motilal			Green Memorial California	8.30 a.m.	Catherine Alexander-Samaroo	
	Plum Road	8.30 a.m.	PE Gita Dattoo			Esperanza	10.00 a.m.	Ruth Ramrattan	
	Grosvenor	7.00 a.m.	Reverend Gloria Hay						
7	Fishing Pond	9.00 a.m.	Reverend Gloria Hay		13	MARABELLA/BONNE AVENTURE			
	Plum Mitran	10.00 a.m.	PE Gita Dattoo			Marabella	7.00 a.m.	Simone Singh-Sagar	
	CUREPE/ST. JOSEPH					Gasparillo	8.30 a.m.	Simone Singh-Sagar	
	Maracas	7.00 a.m.	Rev Emmanuel Ramdeen			Bonne Adventure	7.00 a.m.	PE Indra Debysingh	
8	St. Joseph	8.30 a.m.	Rev Emmanuel Ramdeen		14	Mayo	8.30 a.m.	PE Indra Debysingh	
	Curepe	10.00 a.m.	Rev Sanya Beharry			Reform	7.30 a.m.	Sabrina Mowlah-Baksh	
	Jubilee	7.00 a.m.	Rev Sanya Beharry			Ben Lomond	9.00 a.m.	Sabrina Mowlah - Baksh	
	Latchu Memorial (Bamboo)	8.30 a.m.	Rev Sanya Beharry						
9	SUSAMACHAR				15	SUSAMACHAR			
	Happy Workers Society	7.00 a.m.				Susamachar	7.00 a.m.	Happy Workers Society	
	Charmaine Bainey and Vistabella PCW	8.30 a.m.				Vistabella	8.30 a.m.	Charmaine Bainey and Vistabella PCW	
	SM Stephanie Baldeosingh	5.00 p.m.				Susamachar	5.00 p.m.	SM Stephanie Baldeosingh	
10	Corinth PCW	8.30 a.m.			16	Corinth	8.30 a.m.	Corinth PCW	
	Corinth and Valencia PCW	10.00 a.m.				Golconda	10.00 a.m.	Corinth and Valencia PCW	



13	LA ROMAINE/DEBE		
	La Romaine	7.00 a.m.	Lisa Horrel
	Canaan	8.30 a.m.	Jenny Singh
	Debe	7.30 a.m.	Angie Beharry
	Esperance	8.30 a.m.	Lena Subiah
	Hermitage	10.30 a.m.	Penal PCW
14	PENAL		
	Penal	7.00 a.m.	PE Donna Sookdeo
	Penal Rock	8.30 a.m.	Rumona Drepaulsingh
	Divine Rock	9.30 a.m.	Rev Ria Thompson-Jimdar
	Mendez	8.30 a.m.	Rev Ria Thompson-Jimdar
	Quinam Mission Station	9.00 am	PE Aasha Mahabir
15	SIPARIA		
	Erin Road	7.00 a.m.	Donna Rajkumar – Daniel
	Siparia	8.00 a.m.	Merici Rampersadsingh
	San Francique	10.00 a.m.	Stefana Mansingh
16	OROPOUCHE		
	Morning Star	6.30 a.m.	Kerina Gopaul
	Eternal Light	8.00 a.m.	Eternal Light PCW
	Rousillac	9.30 a.m.	Rousillac PCW
17	POINT FORTIN/CEDROS		
	Guapo	7.00 a.m.	Judy Alfred
	Salazar Trace	8.30 a.m.	Marlene Shah
	Point Fortin	10.00 a.m.	Judy Alfred
	Cedros	7.00 a.m.	Christene Warner
	Coromandel	8.00 a.m.	Jean Angard
	Point Coco	10.00 a.m.	Gloria Paul
18	DIAMOND		
	Diamond	7.15 a.m.	Tricia Gunness
	Krist Mandli	9.00 a.m.	Tricia Gunness
	Lower Barrackpore	7.00 a.m.	Beryl Jacob
	Transfer	8.30 a.m.	Agnes Sultanti
19	BARRACKPORE		
	Barrackpore Union	7.30 a.m.	PCW
	Lengua	9.00 a.m.	Lengua PCW
	Borde Narve	7.00 a.m.	Dea Jenifa Sinanan
	Clarke Road	7.00 a.m.	Dea Marlene Seenathsingh
	Rochard Douglas	9.00 a.m.	Dea Marlene Seenathsingh



20	RIVERSDALE		
	Morichal	7.00 a.m.	Chandra Umraw
	Brothers	8.30 a.m.	Chandra Umraw
	Riversdale	9.45 a.m.	Salima Ramkissoon
	Poonah	8.00 a.m.	Tracy Doman
21	TABAQUITE		
	Piparo	6.30 a.m.	Sarah Khan
	Jeffers (24 mile)	8.00 a.m.	Salisha Mulchan
	Torrib Trace	9.30 a.m.	Magdelene Ali
	Tabaquite	9.30 a.m.	Stephanie Ramlogan
	Flanagin Town	8.00 a.m.	Sheena Ramoutar-Villafana
22	PRINCES TOWN		
	St. Andrew's	7.00 a.m.	Carmilete Mohan
	Iere Village	8.30 a.m.	Carmilete Mohan
	Jordan Hill	7.30 a.m.	Barbara Sukhu
	St. Mary's	9.30 a.m.	Dea Amber Seesahai-Payne
23	TABLELAND		
	St. James	7.30 a.m.	Taramatee Lookhoor & PCW
	St. Julien	9.00 a.m.	Sadhna Ramsingh
	Poole	7.00 a.m.	Radica Sudama
	New Century	8.30 a.m.	PCW
24	NARIVA MAYARO		
	Rio Claro	7.00 a.m.	Teesha Dass
	Mafeking	9.00 a.m.	Beulah Pariag
	Ecclesville	7.00 a.m.	Pearl Mahabir
	Biche	7.00 a.m.	A. Buchoon
	Navet	8.45 a.m.	Teesha Dass



# CUNARIPO PRESBYTERIAN CHURCH CONGRATULATES ASHAY SAGAM

Submitted by Ms. Deokala Rampersad

At the 120th Anniversary celebration of the Cunaripo Presbyterian Church, on Sunday 15th September, 2024, one of our young members was honoured, twenty year old Ashay Sagam. Ashay is presently a second- year student at The University of The West Indies, pursuing a Bachelor of Science degree in Civil Engineering. This year, he was also the recipient of a National Bursary for his academic performance in CAPE.

It has been a joy seeing him grow into the dedicated young man he is today. Ashay has been attending church from childhood. As he grew, he became a regular member of the Sunday School, participating in all the activities of the Sunday School; candlelight services, Mother's Day and Father's Day programmes, Vacation Bible School, Sunday School Rally and Sunday School Services. Presently, he is a member of the Youth Group and usually preaches at Youth Sunday Services. He also attends Regional Youth and Church activities.

He is a member of the Church's tech team. He also plays the recorder at special events and services.

Ashay attended the Cunaripo Presbyterian School and went on to school of choice, Hillview College. For both the CSEC and CAPE examinations, he gained excellent results and was honoured by the school for his accomplishments, receiving a gold medal award for his achievement in CAPE and a silver medal at CSEC for attaining seven grade one passes.

Apart from attending church almost every Sunday, Ashay also makes time to participate in other church activities. He was a participant in the Northern Presbytery's Quiz competition in 2022 and 2024. He was a member of the winning march past team at the National Sports 2024, Guaico, and also attended National Presbyterian Youth Camp in 2023 and 2024.



Ashay is truly an exemplary young man. We, the members of the congregation, are sincerely very proud of his hard work and accomplishment and pray God's blessings on him for success in future endeavours. We pray he will continue serving God and allowing God to lead him and strengthen his faith. We must commend his parents for all the support and encouragement they afford him.

To God Be the Glory.

## RUTH'S DEDICATION: KNOX PRESBYTERIAN PCW GROUP

Submitted by Ms. Janella Nathaniel, Treasurer - Knox Presbyterian Church PCW Group

The Knox Presbyterian Church PCW Group conducted service on Sunday 3rd November, 2024. The service was well attended by members of the congregation. The theme of the message revolved around Ruth's dedication to Naomi. Ruth's loyalty to Naomi is a model of how to turn to God in times of hardship. This is a lesson that we all must take into consideration when life seems difficult, God is always present, as he will not give us more than we can bear.

The Order of Worship was led by the Secretary of the PCW Group, Ms. Jamoonie Sookram. All the other members of the group participated in different aspects of the service. The PCW Group was the choir for that service rendering two beautiful songs: "Come now is the time to worship" and "In Christ Alone."

The sermon was delivered by Ms. Joy Rajaram, who is an elder and Sunday School Superintendent. Ms. Rajaram gave a powerful message to the congregation and highlighted the importance of having Jesus in our lives. The service ended with the Spoken Benediction by the President of the PCW Group, Ms. Cynthia Goolcharan. The Knox Presbyterian Church PCW Group continues to be a very active and vibrant aspect of the church and is a source of inspiration to the members and congregation at large.

From the Knox Presbyterian Church PCW Group, God Bless you.





# MENDEZ SCOTT PRESBYTERIAN CHURCH CRECHE OPENING

Submitted by Chandra Mathura, Chairperson of the Local Board.

"O come let us adore him Christ the new born King." This carol describes the atmosphere at the Mendez Scott Presbyterian Church on the evening of Friday 29th November, 2024, for our annual Crèche Opening service. It was an evening to "press" our pause button from a week of hustle with work, preparation for our various events and for the children an end-to-term test. The church was beautifully lit and decorated as our Deaconess and daughter of our church, Marlene Seenathsingh, led the service. She reminded everyone that while we admire the lights we should be reminded of the true Light of the world, Jesus Christ.



The opening was attended by members of our church and their families, members of our sister churches and members of the community. Everyone thoroughly enjoyed the melodious voices of the Penal Rock Junior Choir and the mesmerizing rendition of eight-year-old Gabriella Latchman on the steel pan. The weather, though cloudy, worked hand in hand with the countryside setting that allowed for everyone to truly reflect on the actual birth of Jesus in Bethlehem so many years ago. The evening ended with fellowship where everyone enjoyed some traditional Christmas snacks.

The Local Board takes this opportunity to thank everyone for the assistance given and wishes all the blessings of Hope, Peace, Joy and Love throughout the Advent Season and a very Merry Christmas and a Bright and prosperous 2025

## MRS PATRICIA MANICKCHAND

Mrs Manickchand, a long-standing member of the Waterloo Presbyterian Church was born in Arena, Freeport, on October 26th, 1933, to Hindu parents. Her father came directly from India. She was named Jassodra at birth. She married Edward Manickchand of Waterloo, Carapichaima, and at the time of their marriage he was a teacher at the Freeport Presbyterian Primary School. Just before getting married, she was baptized as a Presbyterian and was named "Patricia". Her husband, Edward Manickchand, passed away in 2001. She is the mother of 5 children. She is family oriented and has 10 grandchildren and 2 great grands. Soon after getting married, Patricia became a devoted member of the Waterloo Presbyterian Church. She and her late husband brought up their children as Presbyterians. Church was a very important part of their lives. Edward Manickchand (deceased) was an Elder and preached in the Waterloo Presbyterian Church. He was instrumental in the construction of the church building.

Patricia was an active member of the PCW's Group soon after her marriage and held the post of PCW's President for a number of years.



She was appointed Elder at Waterloo Presbyterian Church on October 19th, 2003, and was made an Honorary Elder on March 28th, 2021. Patricia celebrated her 90th birthday in 2023 with a beautiful Service of Thanksgiving at the WPC with family and close friends and her church family. She is one of the longest serving member from 1951 to this present time and continues to be a stalwart member of the congregation. Patricia's life revolves around her family, her friends, her church, her garden and service to others and is an exemplary Christian. We at WPC extend our heartfelt gratitude to her as she continues to "run and not be weary, to walk and not faint." May God bless her with good health, happiness and peace



# PATRICK JUGMOHANSINGH

Patrick Jugmohansingh's life began on August 26, 1932, in the humblest of surroundings—an ajoupa, a modest, thatched-roof structure located at Big Bend, on the Quarry Long Stretch.

Patrick began his formal education at Erin Road Presbyterian Primary School located some three kilometres from his home. A walk that Patrick and his childhood companion, Christiana Seepersad, undertook together.

Mr. Jugmohansingh completed Standard 5 at Erin Road Presbyterian School in 1944 at the age of 12. Harry Seepersad, Christiana's elder brother and a senior teacher, provided some direction at this point in his life. He advised Patrick to become a pupil teacher. For about six months, Patrick followed this path, until yet another Seepersad—Frank, the grandfather of the current Justice Frank Seepersad—intervened. Frank saw more in Patrick and urged him to sit the entrance exam for Naparima College.

In 1946, he entered Naparima College, directly into Form 2. Patrick's time at Naparima was transformative. The environment, both academic and social, exposed him to a world beyond that of his childhood. Fate had a way of guiding Patrick at every turn. Offers came in from various directions—a job at the oil company Trinidad Petroleum Development Co. (TPD), another at Apex, and a teaching post at the Icacos Government Primary School. One day a passerby who observed him waiting for public transportation, stopped and informed him that Reverend Swann, his former Geography teacher from Naparima, wanted to see him urgently. Patrick responded immediately. That meeting would set him on the path to a long and fulfilling career in education and church life.

Reverend Swann offered him a teaching position at Siparia Union Presbyterian Primary School, where Patrick began working in February 1st 1952.

Patrick's teaching career spanned decades, at Siparia Union Presbyterian Primary School, he taught from 1952 to 1965. His career was briefly interrupted when he attended Naparima Teachers' Training College from 1957 to 1958, only to return to Siparia Union Presbyterian Primary School afterward.

In 1965, he joined Iere High School, Siparia, where he taught Economic History to Form Six students. A year later, the course was discontinued, and Patrick shifted to teaching Geography to lower forms. Ever aware of the needs of students, he often stepped in informally when needed, quietly ensuring that students received the best education possible.

His final position at Iere High School was as Dean of Discipline, a role he fulfilled with the same quiet dignity and respect that had defined his entire life. He retired from teaching in December 1990.

His contributions to the Presbyterian Church were equally significant.

In 1952 when he began teaching at Siparia Union Presbyterian Primary School, he was baptized in the Presbyterian faith by Rev. H. F. Kemp on May 16th 1952. The service was held at the school itself, as the Akashbani Presbyterian Church was still in the planning stages. His baptism into Presbyterianism marked the beginning of his formal association with the Church, over the years, he would become a steadfast figure in its administration. He remains a faithful member of the Akashbani Presbyterian Church for over 72 years.

On August 7, 1960, he married Barbara, who became his life companion and never faltered in her support of him. She also became absorbed and devoted to the Presbyterian fold.

Patrick's involvement with the Presbyterian Church grew deeper. His service started on the Local Board, a position he held with dedication.

Over the years, Patrick's role in the church expanded significantly. He served as the Local Board Chairman on several occasions, Secretary, Elder, and an Honorary Elder. He was an active member of the Men's Fellowship Group of Penal/Siparia Pastoral Region. He was also a member of the Official Board of the Penal /Siparia Pastoral Region. While he served in these many areas of the church, Barbara always gave him her full support in any ventures that he coordinated.

As an Elder, he participated in the Church's pastoral outreach programmes, visiting congregation members at their homes and giving the support needed at times. During his time, the Quinam Mission Station was a part of his work in the church. He would make many trips to Quinam to attend 'Cottage meetings' which were services held at people's homes before the actual Station was built where it is today.

His administrative talents were recognized, and he was eventually appointed in the late 1980s as Secretary of the Southern Presbytery. However, it was his final and most challenging role that left a lasting mark on him. After retiring from his teaching career in 1990, Patrick became General Secretary of the Synod of the Presbyterian Church on February 1st 1991 - a position traditionally held by a working Minister. For three difficult years, from 1991 to 1994, Patrick battled to correct the many administrative aspects of the Church he loved dearly. He even returned to serve as General Secretary in 1996 for approximately 3 more years at the request of the Synod.

In this chapter of his life of service and honour, the President of the Republic of Trinidad and Tobago awarded him the Public Service Medal of Merit Silver in 2011.

In many ways, he felt he had been guided by fate, directed toward paths he hadn't initially sought out but embraced wholeheartedly. His life unfolded through a series of opportunities presented to him, each seeming to come at just the right time. He accepted them without hesitation, dedicating himself fully to whatever role he was called upon to fill.

His legacy is one of service, compassion, and tireless dedication to the improvement of his community and church—a legacy that will live on in the countless lives he touched. May God continue to richly bless him!





# PET PARADISE IN THE BAMBOO

## THE MAN WHOSE BITE IS BIGGER THAN HIS BARK!

Submitted by Terrence Kalloo

Luckily Noah did not forget the pets when he boarded the Ark and they were out in all their glory in the grounds of the Latchu Memorial Presbyterian Church. Not being a pet lover, my curiosity got the better of me and I attended "Church" twice in one day! The organisers after overcoming some obstacles had quite a lot to bark about. The turnout was probably twice the number of some of our local churches with Reverend Beharry delivering her pet subject after readings from Elder Rohan Rickhi.

God created everything and we are here to care for all of his creations was the main message and indeed every creature present looked very well cared for. Reverend Sanya "yoga style" bravely invited all "peaceful" pets to crawl forward to get blessed. I was second in line to get my 'Bella' blessed (although I was reminded that she was blessed before at Morton memorial) with the hope that she would have a long and healthy life. The more blessings the merrier!

I was elated that the event was incident free as we had some fierce looking creatures (muzzle free) but under control – at least the owners were confident that they were in control and I prayed that they were correct.

Reverend Ramdeen our "top dog" was in attendance. For richer or 'pawrer' people donated towards a shelter for pets (I would think). The event was well supported by trainers, vets, and pet shops. Soft drink, water and some hot pholourie were available to all. Giveaways and door prizes were the order of the day as everyone displayed their love for pets.

Robert Sagar and company who organised this event – well done! It shows that anything is pawsible! To all petlovers thanks fur everything! Maybe next evening with your pet – a movie "Harry pawter and the Sorcerer's bone"!

### Curepe St Joseph Pastoral Region (RDC)

## An Evening With Your Pets

- Bring your pets for a special blessing with Rev. Sanya Beharry
- Donations of pet items will be collected for an animal shelter
- Free screenings from Bassaw's Veterinary Services
- Treats from The Pet Village Ltd.
- Giveaways from Amco Pet Care
- Pet obedience demonstration by Von Dematas Kennels



ALL PETS WELCOME:  
FURRY TO FEATHERED  
PETS MUST BE ON A  
LEASH/ IN A CARRIER

PIC•COLLAGE

## I BELIEVE, A NEW BEGINNING

Submitted by Timothy Babooram, Riversdale Presbyterian Church

The beginning of a new year welcomes the mind to contemplate new ideas, hopes and dreams. Sometimes though, the crooks of life present scenarios that yield more anxiety and depression than hopefulness and motivation.

For the child of God, one idea is constant. From the foundation of the earth, the Creator chose you, by no deserving favour on your part, to be an inheritor of his grace and favor and eternal life.

If one believes the aforementioned, then the spheres of life's meanderings, though good, bad or inconsequential, should hold little sway on one's perpetual vision of meeting Christ and living with him.

The question is, do you believe? Do you truly believe?

Only you can know your heart, the sincerity of your feelings and remorsefulness. Speak to God from the depths of your soul and beg him to increase your faith to rely on his goodness and love, to see you through any situation that life throws at you especially this new year.

Be mindful that Sunday is not the only day to meet God and learn a bit about his goodness. Try to plant a little seed every day in your heart by reading the Bible and talking to God.

Indeed at the same time next year, one may be able to say that one is better for the diligence adopted.

A new year brings timely reflection on the years that have passed and a renewal of commitment to do better.

The question for us, the claimants of his favour is, do we believe? Do we truly believe? If so, then a new year begins.



# HEALTHY CORNER: THYROID

Dr. Joel David Teelucksingh

January was Thyroid Awareness Month and it's a good time to shine a light on a small but mighty gland that plays a big role in our overall health. For the Presbyterian community, this is an opportunity to reflect on how we care for the bodies God has entrusted to us—our temples.

The thyroid gland is a butterfly-shaped organ located in the front of the neck. It produces chemical messengers called hormones that regulate metabolism.

Hypothyroidism (“underactive”) occurs when the thyroid gland fails to produce sufficient amounts of hormones. This can result from autoimmune diseases (such as Hashimoto's thyroiditis), iodine deficiency or certain medications. Symptoms of hypothyroidism are often subtle and include:

- Fatigue and sluggishness
- Weight gain
- Cold intolerance
- Dry skin and hair
- Depression and mood swings
- Muscle weakness
- Constipation
- Heavy periods

Left untreated, hypothyroidism could lead to severe complications including heart disease, infertility and even “myxedema coma”—a rare, life-threatening condition. It is typically managed with thyroid hormone replacement therapy.

In contrast, hyperthyroidism (“overactive”) is characterized by excessive production of thyroid hormones. Common causes include Graves' disease (an autoimmune disorder) thyroid nodules and inflammation from viruses. Symptoms include:

- Rapid heartbeat and palpitations
- Weight loss despite increased appetite
- Nervousness and irritability
- Heat intolerance and excessive sweating
- Tremors
- Frequent bowel movements
- Irregular or scanty periods.

If left untreated, hyperthyroidism can lead to serious health issues such as an irregular heartbeat and osteoporosis.

Hyperthyroidism can be treated through several approaches including antithyroid medications, radioactive iodine therapy or surgical removal of the thyroid gland. Each treatment option depends on the individual's health status and preferences.

Thyroid nodules are lumps that can form within the gland. While most nodules are benign, 5% can be cancerous. Symptoms may include a noticeable lump in the neck, difficulty swallowing or hoarseness. Regular monitoring with ultrasound scans, blood tests and, in some cases, a biopsy are necessary to determine the nature of the nodules.

Thyroid cancer, although relatively rare, is highly treatable. Treatment typically involves surgery and radioactive iodine therapy.

Living with thyroid disease requires ongoing management and regular follow-up with a healthcare provider.

A balanced diet rich in fruits, vegetables, lean proteins and whole grains helps maintain overall health. Regular exercise, stress management and sufficient sleep are also essential components of a healthy lifestyle and help to manage symptoms.

Living with this NCD requires ongoing management and regular consultation with a healthcare provider. Thyroid disease is not just manageable—it's a journey you can navigate successfully toward better health. Stay vigilant, prioritize your health and embrace the knowledge available to you.



# LIFE AS A VAPOUR

## OUR LEGACY, IMPACT, AND THE HUMAN EXPERIENCE

Submitted by Elijah Motieram MBA

### Introduction:

The idea of life being "like vapour," as noted in the Bible (James 4:14), serves as a heartfelt reminder of how fleeting human existence can be. This exploration delves into how this metaphor affects our views on life, the legacy we hope to create, and the choices we make each day. It looks closely at the contrast between a carefree life and a more organized, deliberate approach, reflecting on how these mindsets relate to our understanding of life's impermanence.

### Questions:

The metaphor of life as vapour truly captures the briefness of our time on earth. It invites us to think deeply about the legacy we want to leave and how our actions might touch the lives of others.

Here are a few thought-provoking questions:

1. What kind of legacy do we wish to establish for ourselves?
2. How do various personality traits and life philosophies shape this legacy?
3. How does recognizing life's fleetingness guide our daily decisions and relationships?

The Biblical Context of Life as Vapour:

The biblical reference to life as vapour emphasizes the temporary nature of our existence. In James 4:14, it asks, "What is your life? You are a mist that appears for a little while and then vanishes." This passage urges us to reflect on our own mortality and the significance of living with intention.

### Legacy: The Mark We Leave Behind

#### 1. Desire for Legacy:

Many people long to make a difference in the world, whether through their contributions, relationships, or personal successes. This longing often comes from a deep need to feel relevant and connected.

#### 2. Carefree vs. Structured Living:

Carefree Living:

Those who lead a carefree, adventurous life might place greater importance on enjoyment and spontaneity, usually preferring experiences over tangible achievements. While this outlook can foster a fulfilling life, it might also lead to a lack of long-term influence or legacy.

Structured and Methodical Living:

Conversely, those who lead more organized, planned lives tend to focus on setting and achieving specific objectives, often motivated by a desire to build a legacy. This path can yield significant contributions but may also bring stress and overwhelm from the pursuit of perfection.

#### 3. Stressed and Mister Perfect:

Individuals grappling with stress or perfectionist tendencies might find it challenging to accept the transient nature of life. Their focus on control and flawlessness can lead to anxiety about their legacy, which can overshadow the joy of simply being present.

The Crossroads: intersections

Recognizing that life is short can dramatically shape how people choose to spend each day. This realization can encourage:

Prioritization of Relationships: Understanding life's impermanence often leads individuals to invest more in their relationships, nurturing deeper connections and meaningful interactions.

### Mindfulness and Presence:

Valuing each moment helps people appreciate the joy in everyday experiences, rather than being bogged down by worries about the future or regrets from the past.

Purposeful Living:

Acknowledging life's brevity can motivate individuals to chase their passions and make choices aligned with their core values, ultimately leading to a more fulfilling life.

### Conclusion:

The metaphor of life as vapour acts as a powerful reminder of our mortality and underscores the importance of living with purpose. Whether we adopt a carefree lifestyle or a more organized and methodical approach, the essential element is understanding how these choices impact the legacy we leave. By embracing life's transient nature, we can forge deeper connections, practice mindfulness, and pursue meaningful objectives, ultimately cultivating an enduring impact that resonates beyond our time here.

### Recommendations:

1. Self-Reflection: Regularly evaluate your values and priorities to ensure they align with your ideal legacy.
2. Balance: Aim to find equilibrium between enjoying the moment and preparing for what's ahead.
3. Mindfulness Practices: Embrace mindfulness techniques to enhance your enjoyment of daily moments and alleviate stress.
4. Connection: Build meaningful relationships and participate in community services to leave a positive imprint on others.

By acknowledging and embracing the idea of life as vapour, individuals can navigate their journeys with intention, leaving a legacy that truly reflects their authentic selves.



# EXCHANGE PRESBYTERIAN SCHOOL'S ANNUAL CRÈCHE BLESSING AND CONCERT

Submitted by: Mrs. Catherine L. Alexander-Samaroo

On Friday, November 29th, at 1:00 p.m., Exchange Presbyterian School celebrated its annual Crèche Blessing and Concert, bringing joy and the festive spirit to our school.

The concert, chaired by Ms. Rosemarie Ann Ragoo-Maraj and Ms. Alison De Freitas, welcomed the Minister of the Couva/Balmain Pastoral Region, Reverend Damien Sieunarine, and School Manager, Ms. Tara Khan.

The event began with opening remarks from Acting-Principal, Mrs. Gowrie Cleaver-Nanan, who referenced Isaiah 9:6, "For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The Mighty God, The everlasting Father, The Prince of Peace." Following her address, Reverend Damien Sieunarine led the gathering with an opening prayer and gave a message about the Nativity. Before blessing the Crèche, Reverend Sieunarine reminded those present that the Crèche is not only a symbol of the birth of Jesus Christ but also a sign of God's love and a reminder of the faith handed down to us, as well as our duty to share that faith with others.

Each class participated, beginning with the Nativity scene by Standard Three class. Following this was the First-Year Department, who thrilled the audience with their performance of "Rudolph the Red-Nosed Reindeer." Infants II brought the Christmas cheer with their vibrant rendition of "Jingle Bells."

The Standard One Department performed a creative Christmas acrostic. The Standard Two class delighted the audience with their rendition of "O Come All Ye Faithful," while the Standard Two class added some local flavour with "Trini Christmas is de Best."

The Standard Five class captivated everyone with the poem "The Most Wonderful Time of the Year" by Brooklyn Maharaj and Elise McSween, followed by an original composition, "Christmas Time in Trinbago," by Emma Davis. Another Standard Three class thrilled the audience with their choral speaking, "Trinidad Christmas is the Best."

The audience was amused by a dramatized song, "The Hat I Got for Christmas Is Too Big," The Standard Four class sang a medley of Christmas Carols, while the Standard Four class entertained the audience with their performance of "Soca Santa."

Adding to the Christmas cheer was Head of Department, Ms. Denise Baksh, who beautifully rendered "Come On, Ring Those Bells." The concert came to an end with a soulful performance of "O Holy Night" by the Standard Five class.

Ms. Rose Ragoo Maraj concluded the event expressing gratitude and appreciation to all the teachers, parents, and children who participated and contributed to the success of the Crèche Blessing and Concert. Special thanks went to Ms. Catherine L. Alexander and Mr Marc Rajaram for decorating the Crèche.

The spirit of the event was beautifully captured by the Scripture taken from Luke 2:11, "For unto you is born this day in the city of David a Saviour, which is Christ the Lord."

The Exchange Presbyterian Primary School's Crèche Blessing and Concert was a heartwarming success, leaving a lasting impression on all who attended and joyously celebrating the Christmas season.



# EXCHANGE PRESBYTERIAN PRIMARY SCHOOL'S WALK-A-THON ILLUMINATES COMMUNITY SPIRIT

Submitted by: Mrs. Catherine L. Alexander-Samaroo

On Saturday, November 16th, 2024, Exchange Presbyterian Primary School hosted its annual Walk-a-thon. This year's event was centered around the theme inspired by the scripture John 8:12, "Jesus says, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'"

The event began at 7:00 a.m. with opening remarks from Acting Principal, Mrs. Gowrie Cleaver-Nanan, who set a positive tone for the day. Following her speech, attendees united in singing the National Anthem of Trinidad and Tobago.

Special invited guests included the MP of Couva South, Mr. Rudranath Indarsingh; School Manager, Ms. Tara Khan; along with past principals, Ms. Joy Rajaram and Mrs. Charmaine Ramrattan-Bainey. Ms. Joy Rajaram led in an opening prayer followed by MP Indarsingh who delivered a motivational message, emphasizing the importance of school and community spirit and the shared mission of spreading light and hope.

Before the walk commenced, the Acting Vice Principal, Mrs. Colleen Mulchansingh, addressed the participants, especially the children, with a gentle reminder about road safety, ensuring everyone was prepared to embark on the walk safely.

Ms. Alison De Freitas, one of our resident MCs, led the participants on a lively walk through Couva Main Road accompanied by the theme song: "Jesus, Light of the World." The walk was filled with energy and excitement. Children carried placards reflecting the central theme, while parents, children, and teachers spread joy as they sang and danced together. Teachers wore bright orange attire to symbolize the theme, "Jesus is the Light of the World."

The Walk-a-thon was more than just a walk but a vibrant celebration of school and community spirit. The overwhelming support from teachers, parents, children, and the community of Couva made it a tremendous success. The Acting Principal expressed her deepest gratitude, noting, "It is through the dedication and hard work of all staff members, parents and children that we can host such a meaningful event."

Exchange Presbyterian Primary School's Walk-a-thon once again illuminated the community of Couva, bringing our school, parents and children together in unity.



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# SAGHS SCHOLARSHIP WINNERS 2024

from the SAGHS Newsroom

The thrill of excitement filled the Anna Mahase Auditorium as the National Scholarship Winners 2024 were presented to the students and staff of the St. Augustine Girls' High School on Friday 10 January, 2025.

National Scholarships were awarded to seven students of the St. Augustine Girls' High School. Top performers, Eliana Soman and Kaitlyn Miguel received Open Scholarships in Natural Sciences; while Additional Scholarships were awarded to Christen Samuel and Emily Roopnarine in Natural Sciences, Karishma Khemraj in Business Studies, Dania Clarke in Modern Studies and Janiah Thomas in Language Studies.

Other specially invited guests at the extended worship themed: 'Give thanks for everything under the Sun' in celebration of the scholarship winners included: the School Manager - Mr. Andre Thompson, School Chaplain - Reverend Cynara Dube-Khan, Chairperson of the SAGHS Administrative Committee - Dr. Dianne Phillip-Ramjattan, President of the SAGHS Parent-Teacher Association - Mr. Rohan Roopnarine and President of the SAGHS Alumnae Association - Mrs. Nikecia Moore-Burrowes.

In the opening address, the Principal (Ag.) - Ms. Bonnie Bissoon-Gosine, warmly welcomed the parents of the scholarship winners to the function, congratulating them on the stellar performance of their daughters as they upheld the school's motto, 'Per Ardua Ad Astra'. The teachers at SAGHS were recognized for their unwavering commitment to their charges culminating in this proud day.

The highlight of the event was having the scholarship awardees address a most captive audience on their journey to success. Their little sisters at St. Augustine Girls' High School were encouraged to follow in the paths taken by these seven National Scholarship winners.



# SAGHS SPREADS LOVE AND JOY DURING THE ADVENT SEASON

Submitted by: Sherman Gokool, Teacher III, St. Augustine Girls' High School

"But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people'"  
(Luke 2:10).

On December 2nd, St. Augustine Girls' High School (SAGHS) ushered in the Advent season with its annual Crèche opening and Outreach program, spreading the message of Christ's birth through service, generosity, and love.

The day began with the Crèche Opening Service led by the school's Chaplain, Reverend Cynara-Dube Khan. The service invited students, staff, and parents to reflect on the significance of Advent as a time of preparation and hope, focusing on the birth of our Saviour, Jesus Christ. The beautifully decorated Crèche served as a poignant reminder of God's promise fulfilled in Luke Chapter 2.

Following the service, SAGHS' students took the Christmas spirit beyond their campus through their Outreach program. They visited schools including St. Helena Presbyterian Primary and Longdenville Presbyterian Primary, where they delighted young students with carols, gifts, and sweet treats. The joy on the children's faces was a testament to the power of sharing Christ's love.

In addition to their visits, SAGHS' students demonstrated their commitment to service by supporting several organizations in need. They donated essential items to the Autistic Society of Trinidad & Tobago, and meeting the practical needs of families in their community. Recognizing the importance of caring for all of God's creation, they also provided supplies to animal shelters such as the Trinidad & Tobago Society for the Prevention of Cruelty to Animals (TTSPCA), Save a Stray, and Happy Rescue.

For many years, the SAGHS' Outreach program has been a cherished Advent tradition. By reaching out to the most vulnerable during this sacred season, the SAGHS' family reminds us of the angels' proclamation to the shepherds on that first Christmas night: the good news of Jesus is meant to bring joy to *all* people.

As we reflect on their acts of service, may we, too, be inspired to bring the light of Christ into our communities. SAGHS has shown us that no act of kindness is too small, especially during Advent, when we are called to prepare our hearts to receive Christ anew.

May their example encourage us to carry the spirit of giving beyond the season and into every day of our lives.





# NEED FOR PATRIOTISM

Allow me on behalf of the Patriotic Organisation of Trinbago, and on my personal behalf, to note and record our appreciation of the activity of Republic Day as celebrated by Knox Presbyterian Church as appearing on your edition of November 2024, page 20. We note the relevant activity as heralded by suited singing of hymns and thus making us duly identifying with current issues and events while seeking God's blessings on our country.

Observations of this nature make for relevance of the church in national development and the desired patriotism which the Organisation pursues.

We do welcome all such programmes as Republic Day is indeed the achievement of our sovereignty as a state. With the attainment of Independence as the fore-runner, we further established our will to be the masters of our destiny. They sang "GOD BLESS OUR NATION," the lyrics of which referred to "our boundless faith in our destiny." The selection of that song/hymn was absolutely deserved.

In expressing our gratitude and thanks, we take this opportunity to invite the members of PCTT to join our volunteers in the Organisation.

Our plans include a Songwriters' Workshop, in collaboration with UTT and discussions with Dr. Hollis Liverpool aka 'Chalkdust', a Patriotic Song Competition in 2025 and the export of it into a Patriotic Song Of CARICOM countries.

Persons willing to use their God-given talent can contact us via my email

[sirjuesinghl@gmail.com](mailto:sirjuesinghl@gmail.com)

whatsapp 6870868

Postal - 55, Edinburgh Gardens, Chaguanas

We do look forward to our future collaboration as we are committed to addressing ALL national issues.

In closing we re-iterate our gratitude and thanks and may God bless PCTT and our nation.

For the Organisation,  
Lennox Sirjuesingh  
Coordinator.



## THE BOY JESUS IN THE TEMPLE

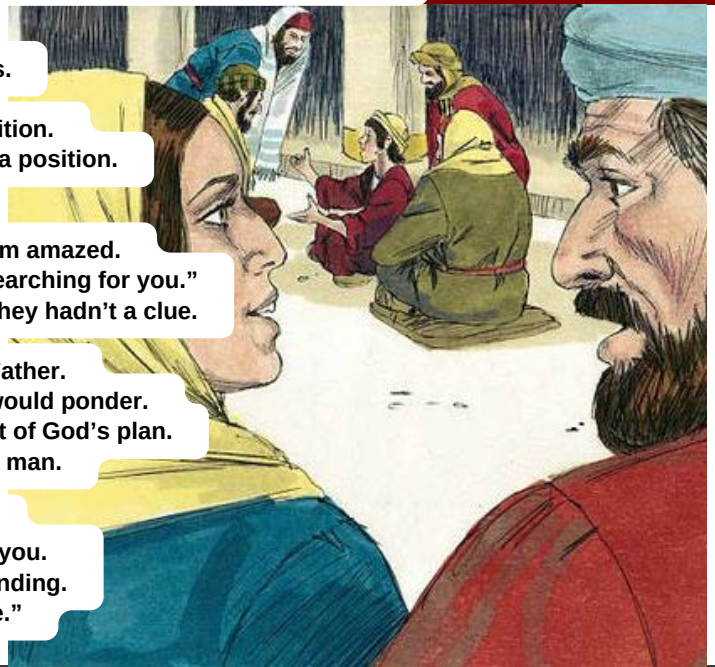
By Clarence Bharath, Aramalaya Presbyterian Church.

The story of "The Boy Jesus in the Temple," contains many gems. Like His parents' commitment to "Passover," in Jerusalem. Through their diligence Jesus went; from age twelve to keep tradition. But on returning home, He stayed behind, and put His parents in a position.

They returned to Jerusalem and found Him after three days. There in the temple with religious leaders, His utterances had them amazed. "Son, why have you treated us like this? We've been anxiously searching for you." He said, "Didn't you know I had to be in my Father's house?" ... they hadn't a clue.

The family returned to Nazareth, and He obeyed His Mother and Father. But Mary treasured these things in her heart, and on them Mary would ponder. His first Bible words, the only story as a boy; this scripture is part of God's plan. As Jesus grew in wisdom and stature and in favour with God and man.

Here are some lessons learned, from this passage, Luke 2:41-52. Obey your parents, Pursue Wisdom, have Faith in God's plan for you. Curiosity enhances learning, for deeper knowledge and understanding. Praise God these lessons rekindle; "The Boy Jesus in the Temple."



# PASSING OF JOCELYN BALLIRAM HONORARY ELDER OF BROTHERS' PRES CHURCH

Submitted by Terrence Balliram

Jocelyn Balliram was the wife of Rev Paul Balliram of 3, New Street, Williamsville. She was the mother of Terrence, Sharon and Barry. Grandmother of Darien, Brandon and Josh, Risha, Kevin and Dylan, Adam and Noah.

The funeral service of the late Jocelyn Balliram was held on Nov 27th 2024 at Brothers' Presbyterian Church in Williamsville. She was a model citizen of the community, a long standing member of the Church serving as an Elder and eventually as an Honorary Elder.

The late Jocelyn Balliram's remains were cremated at the Shore of Peace.

May her soul rest in peace. May perpetual light shine upon her and may she rise in Glory with her Lord Jesus Christ.



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## In Loving Memory



Kay Ramlakhan

Sunrise: 30th. December.1947  
Sunset: 28th. January.2016.

MEMBER OF THE  
PENAL PRESBYTERIAN CHURCH,  
LOVINGLY REMEMBERED BY HER  
HUSBAND WILLVAN,  
4 CHILDREN; 8 GRANDCHILDREN;  
4 IN-LAWS; FRIENDS AND RELATIVES



Harold Ramcharitar.

Gone but not forgotten.

Member of Diamond Presbyterian Church  
Sun rise 15th Nov 1946, Sunset 26th Jan 2024.

LOVINGLY REMEMBERED BY WIFE, ANGELA  
CHILDREN, JODIE, JINELLE  
SON-IN-LAW DAVANAND RAMSARAN  
DAUGHTER-IN-LAW NATASHA RAMCHARITAR  
GRAND DAUGHTER- PAIGE  
SISTER, BROTHER, SISTER-IN-LAW AND FRIENDS.  
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YOU ARE LOVED, BEYOND WORDS CAN EVER SAY AND  
MISSED BEYOND MEASURE. RIP



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